

## **Client and Family Education (CAFÉ) Outpatient Psychiatry**

### **What is CAFE?**

It is a place you can come on Friday afternoons to:

- hang out
- learn
- ask questions
- visit with other people with mental illness
- enjoy some refreshments

### **Why should I come?**

We want to help you learn how to live more comfortably with your chronic mental illness.

Each week, we will have a topic for discussion, for example:

- identifying warning signs of a relapse
- coping with hallucinations
- finding and using community services
- finding a leisure activity
- conversation skills

You can participate as much or as little as you like.

### **Do I need an appointment or a referral?**

No, just come to the Outpatient Psychiatry Clinic on the first floor of the Minneapolis VA Medical Center. CAFE meets Friday afternoons from 1:00 p.m. to 2:00 p.m.

Your doctor, nurse, or therapist may urge you to come and may even schedule you to come for certain topics.

Yes, family, spouses, and friends are welcome!

**Can I come every week?**

Yes, you may come as often as you like. We hope that CAFE will be a fun, relaxing place where you can spend some time.

**Join us at CAFE**

**Friday afternoons**

**from**

**1:00 p.m. to 2:00 p.m.**

If you have any questions about CAFE, call your doctor, nurse, or therapist at (612) 725-1993.

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